

**DEPARTMENT OF THE INTERIOR,  
BUREAU OF EDUCATION,  
WASHINGTON.**

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**GOVERNMENT PUBLICATIONS OF INTEREST TO  
HOME ECONOMICS TEACHERS AND STUDENTS.**

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**BUREAU OF EDUCATION.**

The Bureau of Education, Department of the Interior, makes a special study of home economics teaching in the schools and issues printed bulletins and circulars as well as mimeographed letters bearing information of current interest. The following bulletins have been published:

- Bulletin, 1914, No. 36. Education for the home. Part I. Introductory survey and equipment for household arts. 10 cents.
- Bulletin, 1914, No. 37. Education for the home. Part II. The States and education for the home; Rural schools; Elementary schools; High schools; Normal schools; Technical institutes; Various agencies and organizations. 30 cents.
- Bulletin, 1914, No. 38. Education for the home. Part III. Colleges and universities. 25 cents.
- Bulletin, 1914, No. 39. Education for the home. Part IV. List of references on education for the home; Cities and towns teaching household arts. 10 cents.
- Bulletin, 1917, No. 23. Three short courses in home making—care of the home, cooking, sewing. 15 cents.
- Bulletin, 1917, No. 47. The preparation and preservation of vegetables. 5 cents.

The above-mentioned bulletins may be purchased from the Superintendent of Documents, Government Printing Office, Washington, D. C., at the prices listed.

In addition to these bulletins, other material that may be of help to the home economics teacher can be obtained upon direct application to the Bureau of Education as follows:

- Home Economics Circular. Teaching home economics under present economic conditions.
- Home Economics Circular No. 2. Current problems in home economics.
- Home Economics Circular No. 3. Home economics in small high schools.
- Home Economics Circular No. 4. Principles and policies in home economics education.

Home Economics Letters on Current Subjects. (Mimeographed earlier numbers of the series replaced by printed Circulars Nos. 1, 2, and 3.)

No. 26. Bulletins on food conservation.

No. 27. Food conservation—periodical literature.

No. 29. Periodical literature on food conservation. (Supplementary.)

No. 31. War-time menus for the school lunch.

No. 32. Periodical literature on food conservation. (Supplementary.)

No. 33. Bulletins on food conservation. (Supplementary.)

Reprint of Chapter VI, Industrial education, from Bulletin, 1916, No. 33. Negro education.

Brief courses in home making for normal schools. (Printed leaflet.)

Bibliography of school lunches. (Printed Circular. 5 cents if purchased from Superintendent of Documents.)

List of references on home economics, May, 1914. (Prepared in the Library Division. Printed leaflet. Mimeographed lists on special subjects.)

*Bibliographies—Suggestive Lists (Mimeographed).*

Foods and cookery: Textbooks for use in elementary schools.

Foods and cookery: Textbooks for use in secondary schools.

Sewing and textiles.

Household administration.

Household and food chemistry.

Care and sanitation of the house.

## DEPARTMENT OF AGRICULTURE.

Various bureaus and divisions of the Department of Agriculture issue bulletins and circulars that are of value to the teacher and student of home economics. The following bulletins of special interest to the home economics teacher have been selected from the list of Farmers' Bulletins, issued March 20, 1918. These are sent free, as long as the limited supply lasts, on application to any Senator, Representative, or Delegate in Congress, each of whom has a limited allotment of bulletins, or to the Secretary of Agriculture, Washington, D. C. Notice will be sent if a bulletin is no longer available for free distribution.

142. Principles of nutrition and the nutritive value of food.

232. Okra: Its culture and uses.

249. Cereal breakfast foods.

256. Preparation of vegetables for the table.

289. Beans.

293. Use of fruit as food.

318. Cowpeas.

375. Care of food in the home.

391. Economical use of meat in the home.

413. Care of milk and its use in the home.

431. The peanut.

487. Cheese: Economical uses in the diet.

526. Mutton and its value in the diet.

535. Sugar and its value as food.

553. Pop corn for the home.

- 559. Use of corn, kafir, and cowpeas in the home.
- 565. Corn meal as a food: Ways of using it.
- 602. Clean milk: Production and handling.
- 607. Farm kitchen as a workshop.
- 653. Honey and its uses in the home.
- 657. Chinch bug.
- 658. Cockroaches.
- 659. True clothes moth.
- 680. Varieties of hard spring wheat.
- 688. Culture of rice in California.
- 696. Handling and shipping citrus fruits in the Gulf States.
- 697. Duck raising.
- 700. Pecan culture.
- 703. Suggestions for parcel-post marketing.
- 712. School lunches.
- 717. Food for young children.
- 751. Peanut oil.
- 753. Commercial handling, grading, and marketing of potatoes.
- 754. The bedbug.
- 758. Muscadine grape sirup.
- 771. Homemade fireless cookers and their use.
- 807. Bread and bread making.
- 808. How to select foods: I. What the body needs.
- 817. How to select foods: II. Cereal foods.
- 824. How to select foods: III. Foods rich in protein.
- 829. Asparagus.
- 830. Marketing eggs by parcel post.
- 839. Home canning by the one-period cold-pack method.
- 841. Home and community drying of fruits and vegetables.
- 847. Potato storage and storage houses.
- 849. Capons and caponizing.
- 850. How to make cottage cheese on the farm.
- 851. The house fly.
- 853. Home canning of fruits and vegetables.
- 859. Home preservation of muscadine grapes.
- 861. Removal of stains from clothing and other textiles.
- 869. The muskrat as a fur bearer, with notes on its use as food.
- 870. The community fair.
- 871. Fresh fruits and vegetables as conservers of other staple foods.
- 876. Making butter on the farm.
- 877. Human food from an acre.
- 879. Home storage of vegetables.
- 881. Salting, fermentation, and pickling of vegetables.
- 900. Homemade fruit butters.
- 902. The Silverfish or "Slicker": An injurious household insect.
- 903. Commercial evaporation and drying of fruits.
- 904. Fire prevention and fire fighting on the farm.
- 916. A successful community drying plant.
- 920. Milk, goat's.
- 922. Parcel post business methods.
- 925. Cabbage disease.
- 927. Farm home conveniences.
- 936. The city and suburban vegetable garden.
- 955. Use of wheat flour substitutes in bread making.

*Department Bulletins.*

- \*310. Digestibility of some animal fats.
- 410. Value to farm families of food, fuel, and use of house. 10 cents.
- \*467. The food value and uses of poultry.
- \*468. Potatoes, sweet potatoes, and other starchy roots as food.
- \*469. Fats and their economical use in the home.
- \*470. Studies of the digestibility of the grain sorghums.
- \*471. Eggs and their value as food.
- \*503. Turnips, beets, and other succulent roots, and their uses as food.
- \*505. Digestibility of some vegetable fats.
- \*507. Studies on the digestibility of some animal fats.
- \*525. Experiments in the determination of the digestibility of millets.
- 540. A first course in home economics for Southern agricultural schools. 10 cents.
- \*612. The digestibility of the dasheen.
- \*630. Studies on the digestibility of some nut oils.
- \*649. Experiments on the digestibility of fish.

*Yearbook Separates.*

- 582. Green vegetables and their uses in the diet.
- 646. Selection of household equipment.

*Office of the Secretary—Circulars.*

- 106. Use potatoes to save wheat.
- 109. Cottage cheese dishes.
- 110. Use peanut flour to save wheat.
- 111. Use barley—save wheat.

\*The bulletins marked with an asterisk (\*) are for sale by the Superintendent of Documents, Government Printing Office, Washington, D. C., at 5 cents a copy.

**UNITED STATES FOOD LEAFLETS.**

A series of popular leaflets issued in cooperation with the Food Administration, for the use of the housekeeper.

- 1. Start the day right.
- 2. Do you know corn meal?
- 3. A whole dinner in one dish.
- 4. Choose your food wisely.
- 5. Make a little meat go a long way.
- 6. Do you know oatmeal?
- 7. Food for your children.
- 8. Instead of meat.
- 9. Vegetables for winter.
- 10. Plenty of potatoes.
- 11. Milk the best food we have.
- 12. Save fuel when you cook.
- 13. Let the fireless cooker help you conquer.
- 14. Save sugar: Use other sweets.
- 15. Dry peas and beans.
- 16. Use fat carefully.
- 17. Use more fish.
- 18. Rice: One of our most useful cereals.
- 19. Hominy.
- 20. Wheatless breads and cakes: Save the wheat for victory.

**BUREAU OF MINES.**

Among the publications of the Bureau of Mines, Department of the Interior, several that treat of housing and housing conditions are available for free distribution.

Bulletin No. 87. Houses for mining towns.

Mines' Circular No. 20. How a miner can avoid some dangerous diseases.

Mines' Circular No. 23. Elementary first aid for the miner.

Technical Paper No. 33. Sanitation in mining villages.

Technical Paper No. 97. Saving fuel in heating a house.

Technical Paper No. 127. Hazards in handling gasoline.

Technical Paper No. 199. Five ways of saving fuel in heating houses.

**CHILDREN'S BUREAU.**

Bulletins published by the Children's Bureau in the Department of Labor are of value in courses relating to the care of children. Special attention is called to the following bulletins:

*Care of Children Series.*

Prenatal care. Children's Bureau Publication No. 4.

Infant care. Children's Bureau Publication No. 8.

Maternity and infant care in a rural county in Kansas. Children's Bureau Publication No. 26.

Child care. Children's Bureau Publication No. 30.

Milk, the indispensable food for children. Children's Bureau Publication No. 35.

*Children's Year Series.*

Save 100,000 babies.

Get a square deal for children. Children's Year Leaflet No. 1. Publication No. 36.

April and May measurements; Suggestions to local committees; Suggestions to examiners. Publication No. 48.

Children's year working program.

Children's Year Leaflet No. 3. Publication No. 40.

**BUREAU OF FISHERIES.**

The Bureau of Fisheries, Department of Commerce, has published a series of circulars, leaflets, and posters treating of the use of fish as food. These are planned to add information of value and interest to lessons and demonstrations on fish. In writing for material it is desirable to name the locality in which the subject is to be discussed, because special study has been undertaken of fish supplies in various parts of the country, and effort is made to stimulate local markets by the publication of information relating to the local fish supply. The preparation and use of smoked, dried, and canned fish are special topics presented and offer helpful suggestions to those who may have no other fish supply.



*Economic Circulars.*

- No. 12. Sea mussels: What they are and how to cook them. With 18 recipes.
- No. 18. Oysters: The food that has not "gone up."
- No. 19. Tilefish: A new food fish from the deep sea.
- No. 20. Caviare: What it is and how to use it.
- No. 22. Grayfish: Try it.
- No. 23. Sable fish; alias black cod.
- No. 25. The burbot. A fresh-water cousin to the cod.
- No. 26. Bowfin. An old-fashioned fish with a new-found use.
- No. 27. Practical small smokehouse for fish; How to construct and operate it.
- No. 28. Preserving fish for domestic use.
- No. 29. Why and how to use salt and smoked fish; 61 ways of cooking them.
- No. 30. Possibilities of food from fish.
- No. 31. The carp. A valuable food resource. With 23 recipes.
- No. 32. The whiting. A good fish not adequately utilized.
- No. 33. The eulachon. A rich and delicious little fish.
- No. 34. Skates and rays. Interesting fish, with great food value; with 29 recipes for cooking them.

**BUREAU OF STANDARDS.**

The Bureau of Standards, Department of Commerce, has prepared several bulletins that are of direct interest to the housekeeper and home economics teachers. These are available free as long as the limited supply lasts. Sold only by the Superintendent of Documents, Government Printing Office, Washington, D. C.

- Bulletin No. 55. Measurements for the household. 45 cents.
- Bulletin No. 70. Materials for the household. 25 cents.
- Bulletin No. 75. Safety for the household. 15 cents.

**PUBLIC HEALTH SERVICE.**

The United States Public Health Service, Treasury Department, Washington, D. C., issues pamphlets that are of interest to home economics workers, particularly to those who specialize in nutrition and sanitation. The following list contains the names of publications of special interest. If no price is indicated they are available for free distribution as long as the limited supply lasts. Application for free copies should be made direct to the Public Health Service. When the free supply has been exhausted it is necessary to purchase from the Superintendent of Documents, Government Printing Office, Washington, D. C., at the prices indicated.

- Supplement to the Public Health Reports No. 31. Safe milk. An important food problem.
- Reprint from the Public Health Reports No. 404. Chemical closets.
- Supplement to the Public Health Reports No. 30. Common colds.
- Reprint from Public Health Reports No. 385. Laundries and the public health. A sanitary study, including bacteriological tests.
- Public Health Bulletin No. 37. The sanitary privy: Its purpose and construction.
- Public Health Bulletin No. 68. Safe disposal of human excreta at unsewered homes.

Public Health Bulletin No. 70. Good water for farm houses.

Public Health Bulletin No. 71. Studies in vocational diseases. I. The health of garment workers. III. The hygienic conditions of illumination in work shops of the women's garment industry.

Public Health Bulletin No. 152. Pellagra. Brief comments on our present knowledge of the disease.

Public Health Bulletin No. 155. Heat and infant mortality.

Public Health Bulletin No. 192. Bacteriological standards for milk.

Public Health Bulletin No. 232. Bacteriological standards for drinking water. The standard adopted by the Treasury Department for drinking water supplied to the public by common carriers in interstate commerce.

Public Health Bulletin No. 325. Vitamines and nutritional diseases.

Public Health Bulletin No. 333. Bread as a food. Changes in vitamine content and nutritive value with reference to the occurrence of pellagra.

Public Health Bulletin No. 341. Health of garment workers. Relation of economic status to health.

Supplement to Public Health Report No. 5. Fighting trim. The importance of right living.

Supplement to Public Health Report No. 7. Shower baths for country houses.

Supplement to Public Health Report No. 10. The care of the baby.

Supplement to Public Health Report No. 16. The summer care of infants.

Public Health Bulletin No. 41. Milk and its relation to the public health. 75 cents, paper; 90 cents, cloth.

Hygienic Laboratory Bulletin No. 56. Milk and its relation to the public health. \$1, paper.

Public Health Bulletin No. 48. Pellagra. 10 cents, paper.

Reprint No. 34. The prevalence of pellagra in the United States. 5 cents, paper.

Reprint No. 218. The cause and prevention of pellagra. 5 cents.

Reprint No. 308. The prevalence of pellagra. 5 cents.

Miscellaneous Publication No. 17. Prevention of disease and care of the sick.

### FEDERAL BOARD FOR VOCATIONAL EDUCATION.

The policies and the activities of the Federal Board for Vocational Education have been stated in the following publications:

Bulletin No. 1. Statement of policies.

Annual Report of the Federal Board for Vocational Education for 1917.

The "Vocational Summary", published monthly by the board, will also contain important information for those in charge of the administration of home economics.

### UNITED STATES FOOD ADMINISTRATION.

The United States Food Administration expects to continue to issue authorized statements relative to the food situation throughout the period of the war. The publications containing these statements, instruction in conservation, and conservation recipes can be secured from the office of the Federal Food Administrator in each of the several States and from the Division of Publications of the United States Food Administration, Washington, D. C. The list of publications varies from month to month as food conditions change.

Home economics workers will be supplied with available material upon request.

### **FUEL ADMINISTRATION.**

The Fuel Administration has issued a circular relative to conservation of fuel in the household.

Home Heating—How to get the most out of a ton of coal.

### **AMERICAN RED CROSS.**

Publications of the Red Cross will be helpful to home economics teachers who are doing special relief work during the war.

#### *Department of Civilian Relief.*

Home service—A. R. C. 200.

Manual of home service—A. R. C. 201.

Syllabus of instruction for home service institutes—A. R. C. 205.

Chapter courses in home service—A. R. C. 206.

Handbook of information for home service sections—A. R. C. 207.

#### *Department of Military Relief.*

First aid instruction—A. R. C. 301.

#### *Department of Development, Junior Membership.*

Junior membership—A. R. C. 600.

Manual of war relief activities for schools—A. R. C. 602.

A program of Junior Red Cross service—A. R. C. 604.

Agriculture for Junior Red Cross—A. R. C. 605.

#### *Women's Bureau.*

Instruction for knitting—A. R. C. 400.

Comfort kits—A. R. C. 402.

Hospital garments and supplies—A. R. C. 405.

Refugee garments. I. Infants' Layette—A. R. C. 407.

Refugee garments. II. For Boys and Girls—A. R. C. 408.

Refugee garments. III. For Adults—A. R. C. 409.

#### *Department of Nursing.*

Information for dietitians—A. R. C. 700.

Elementary hygiene and home care of the sick—A. R. C. 704.

Home dietetics—A. R. C. 705.

